

**Muscle Building Indonesian Cuisine  
Lunch and Dinner Menu  
(9 - 13 July 2018)**

**MONDAY, 9 JULY 2018**

**LUNCH**

**Menu**

Sup Tri Selera  
Kakap Acar Kuning  
Nasi Putih Organik

**DINNER**

**Menu**

Salad Buah Tropis  
Semur Daging Khas Betawi  
Klepon

**TUESDAY, 10 JULY 2018**

**LUNCH**

**Menu**

Terong Balado  
Ayam Bumbu Maranggi  
Nasi Merah Organik

**DINNER**

**Menu**

Sup Selada Air  
Ikan Panggang Bumbu Paprika  
Buah Segar

**WEDNESDAY, 11 JULY 2018**

**LUNCH**

**Menu**

Gado-Gado  
Gepuk Bandung  
Nasi Putih Organik

**DINNER**

**Menu**

Tumis Labu Siam Pok Choy  
Ayam Bakar Parahyangan  
Green Tea Creme Brulee

**THURSDAY, 12 JULY 2018**

**LUNCH**

**Menu**

Sup Buncis Jamur Tiram  
Ikan Masak Merah Kalimantan  
Nasi Merah Organik

**DINNER**

**Menu**

Salad Sayuran  
Bola-Bola Daging Masak Tomat  
Cake Pop

**FRIDAY, 13 JULY 2018**

**LUNCH**

**Menu**

Cah Toge Kucai  
Ayam Bumbu Bali  
Nasi Putih Organik

**DINNER**

**Menu**

Sayur Lodeh  
Ikan Bumbu Kuning  
Ginger Milk Pudding